



After Your Session Care

IMPORTANT

During grief work please remember that you are dealing with difficult feelings. Emotions and sensations may come up during a session, or they may appear after a session has completed. It is recommended that you give yourself compassion and understand that you may not be able to bounce back into your daily schedule after a session.

WHAT CAN HELP

If you can, immediately after your session write down what you discussed and what emotions came up during our time together. If you have additional thoughts write those down as well. Some starting questions are on the last page.

ADDITIONAL NOTES

- You may find yourself more tired than usual for the next couple of days. Listen to your body; slow down and get plenty of rest.
- Eat light meals and avoid alcohol, smoking, or even excessive caffeine.
- Try to keep track of anything that arises so we can discuss it during your next session.
- Remember, grief is a physical as well as an emotional response and you may find yourself feeling different physical effects of grief. If you have concerns about them, please speak to a medical doctor.



PRACTICES THAT CAN HELP

- Relaxing or laying down for 15-30 minutes
- Going for a walk in nature
- Drinking a warm cup of tea (peppermint or lemon ginger helps stomach issues or try a lavender or calming tea for strong emotions)
- Doing something enjoyable such as engaging in a hobby or craft project.

Use the space below to write some things that you do for enjoyment or that rejuvenate you.

Take Care!

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If you are in immediate crisis or in danger of hurting yourself, please dial 988 in the US for immediate help.





After Session Journal Prompts

What resonated with me during my grief pathfinder session?

How did my feelings around my pet's death change as a result of this session?

(If you felt these emotions before) Do I feel less guilt, shame, or regret now?

What do I need to support my grieving?

If not discussed during your session, please visit <https://petgriefpathfinder.com/schedule> to book your next session.